

## **Ebola Virus Disease**

### **Definition:**

Ebola is caused by a virus in the family *Filoviridae*, genus *Ebolavirus*.

### **Signs and symptoms:**

Symptoms may include fever, headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, and lack of appetite. In some patients, the symptoms may include: a rash, red eyes, hiccups, cough, sore throat, chest pain, difficulty breathing, difficulty swallowing, and bleeding inside and outside of the body.

### **Transmission:**

Transmission is usually through direct contact with the blood, sweat, emesis, feces and other body secretions of an infected person, contact with an infected animal in the affected countries, or exposure to objects (such as needles) that have been contaminated with infected secretions. Patients with Ebola Virus Disease who are not showing symptoms are not infectious.

### **Diagnosis:**

Ebola Virus Disease is diagnosed by clinical symptoms and laboratory tests.

### **Role of the School Nurse:**

#### **Prevention**

- Provide education to students and staff regarding good hand washing with soap and water
- Avoid contact with bodily fluids of ill students.
- When students plan to travel internationally, review guidance for destination countries.

#### **Treatment Recommendations**

- If symptoms are noted, the child should be referred to a healthcare provider.
- Standard treatment is limited to supportive therapy in a hospital.

#### **Exclusions**

- Any students with Ebola will be hospitalized and would be excluded from school. The provider and Maine CDC will provide recommendations on individual students' return.

#### **Reporting Requirements**

- Ebola is a reportable disease – report immediately to 1-800-821-5821

### **Resources:**

- Maine CDC Ebola website: <http://www.maine.gov/ebola>
- Federal CDC Ebola website <http://www.cdc.gov/vhf/ebola/>